

# Finding Comfort When We Face the Unknown

When facing our future or the unknown, it is easy to worry about the bad things that could happen to us. Most of them never do, but we still worry anyway. How do you handle fear of the unknown, what can you think about when you're fearful about the future? Let's discuss some words that can bring us encouragement and comfort when worry and fear threaten to overtake us.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- When you consider the future, what is your greatest fear?
- Think about a time when you felt vulnerable and afraid. What were the circumstances?



**LISTEN TO THE EPISODE:** [Finding Comfort When We Face the Unknown](#)

**READ** [Psalm 121](#)

**REFLECTION** After listening, consider the following questions:

- What are some of the false gods in our lives today that we turn to for comfort but ultimately find none?
- Think about the times you've felt worried, anxious, or fearful about the future. Can you identify any consistencies about times when you feel this way? Time of day? Tiredness? Stresses? What might you build into your habits during these times to remind yourself of God's watchful presence and care for you?
- In segment 2, Pastor Ruth Boven states, "One of our great fears is vulnerability..." Do you agree? Why or why not?
- What does it mean to you that the God who created everything promises to watch over you without ceasing, and even if you experience falls and setbacks in this life, will ultimately protect your whole life?

**RELATED PASSAGES** for further study

[Matthew 6:25-34](#), [Matthew 10:29-31](#), [John 10:27-30](#), [Isaiah 49:15-16](#)

## CONCLUSION

Read [Psalm 16](#). Rewrite it as a prayer for when you feel worried or anxious about things that are uncertain or unknown. Consider making a list of scripture passages, songs, and prayers that remind you of God's watchfulness, care, and protection that [Psalm 121](#) describes.

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